

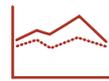
WHAT **YOU** CAN DO TO **PROTECT YOURSELF AND OTHERS** FROM **BUSHFIRE SMOKE**

MONITOR LOCAL CONDITIONS

Levels of bushfire smoke vary over hours and days and can change quickly. **Monitoring your local conditions** enables you to minimise your exposure to smoke.



Follow the news and advice about bushfires near your location (for example using the NSW ['Fires Near Me'](#) app and local radio/TV).



Follow the air quality index (AQI) and PM_{2.5} levels in your location.

Air quality is monitored in different ways. The PM_{2.5} (particle matter) scale is the standard reliable measure of bushfire smoke, and forms the basis of AQI. For more information, see [AQI levels](#).

Make sure your bushfire survival plan is up-to-date, particularly if you live in a bushfire prone area ([check your location here](#)). Your plan will help protect the lives of your family and assist you in preparing your home to survive the threat of bushfire.

PM_{2.5}



These very small invisible particles can be inhaled deep into the respiratory system and affect our health.

PM₁₀



This mixture of very small and larger particles can be visible as smoke or haze and can irritate your eyes, nose and throat.



Follow health alerts related to smoke in your [area](#).



Trust your senses. When you smell and see smoke, or if you have itchy eyes, running nose, throat irritation or a cough, levels of exposure are likely to be high, stay indoors. When the sky is clear and the air feels fresh, it is a good time to be outdoors and enjoy your daily activities.

Air quality can change rapidly due to changes in weather conditions. Knowing the current air quality readings (updated hourly) and 24-hour smoke forecasts where available can help you plan your daily activities in a way that minimises your exposure to smoke.

You can check smoke levels (PM_{2.5}) near you here (in [ACT](#), [NSW](#), [VIC](#), [SA](#), [QLD](#), [WA](#), [NT](#), [TAS](#)) or by using the ['AirRater'](#) app.